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## **HAIR FALL AND ITS MANAGEMENT WITH THE HELP OF KENT'S REPERTORY**

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### **ABSTRACT:**

Hair fall has become a very worrying problem of the present generations. Due to many factors such as genetic predisposition, stressful life and improper diet, many people lose their hair at a very young age. Also, the effectiveness of hair loss treatment is not satisfactory and expensive. In such conditions, homeopathy has proven to be very effective and inexpensive if a holistic approach is chosen. In this article, I will discuss the root cause of hair loss with some effective remedy with suggested diet and lifestyle changes.

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### **CAUSES OF HAIR LOSS-**

Hair loss is caused by various factors. Some of the common factors are –

1. **FAMILY HISTORY/HEREDITY** – This is the most common cause of hair loss that progresses with age. It occurs gradually and in a predictable pattern, with the hairline receding in men and bald spots becoming visible and the hair thinning along the top of the head in women.
2. **HORMONAL CHANGES** – Hormonal changes occur under certain conditions such as pregnancy, childbirth, menopause, thyroid problems. They can cause temporary hair loss.
3. **STRESS** – This is the most common cause of temporary hair loss. Today, every second person suffers from stress. Loss of loved ones, any accident etc. causes emotional upset. People usually ignore this as a reason for hair loss, but it is always lurking in the background.
4. **CERTAIN MEDICATIONS AND RADIATION THERAPY** – drugs like beta-adrenergic blockers, blood thinners, birth control pills can also cause temporary hair loss. Chemotherapy also causes hair loss.
5. **MEDICAL CONDITION** – Diseases like thyroid disorders, diabetes, lupus, iron deficiency anemia etc. cause hair loss. When the underlying cause is treated, hair loss stops.
6. **DIET**- A diet deficient in protein, iron, vitamin B or a severely restricted calorie diet can also cause temporary hair loss.
7. **HAIR STYLES & GROOMING** – Excessive hair styling that pulls the hair, tight braiding, excessive use of curlers, flat irons, tongs damages and breaks the hair. Shampooing, bleaching, coloring, etc. too often also causes dryness of the hair and makes it lack luster. In most cases, hair will grow back normally if the cause is removed, but severe damage to the scalp sometimes leads to permanent baldness.

How to stop hair loss with diet, exercise and healthy tips

#### **1. Nutrients for healthy hair**

Protein, iron, zinc, biotin.

#### **2. Foods to promote good hair health**

Fatty fish, berries, leafy greens, nuts and seeds.

#### **3. Regular exercise for effective hair growth**

1. Cardiovascular exercise
  2. Scalp exercises
3. Stress management techniques for healthy hair
1. Meditation
  2. Yoga
  3. Deep breathing exercises
  4. Engaging in hobbies
4. Avoid harsh hair care
1. Limit the use of heat styling tools
  2. Select Gentle Hair Accessories
  3. Avoid tight hairstyles
  6. Use natural hair care products
1. Essential oils

2. Herbal extracts
3. Vitamins and minerals

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## HOMEOPATHIC REMEDIES FOR HAIR FALL

Hair loss is a chronic problem that can only be cured by proper constitutional treatment along with proper diet.

Homeopathic medicines are selected through a process of individualization after proper case sampling.

Some of the commonly indicated hair loss medications are described below:

- LYCOPODIUM CLAVATUM- Indicated when hair loss is associated with stomach problems. Also one of the well-known remedies for gray hair.
- PILOCARPUS (JABORANDI)-Helps in hair regrowth and improving hair quality. It can be used internally and externally.
- WIESBADEN-Hair grows much faster than usual. Hair - falls out and grows back quickly.
- ARNICA MONTANA – One of the best hair tonics that can be used both internally and externally
- NATRUM MURIATICUM- Indicated when hair falls out after child birth.
- GRAPHITES-Due to excess moisture, your scalp may itch and small eruptions may appear on your scalp. This can lead to hair loss. This medicine prevents hair loss and improves these conditions.
- MEZEREUM-Sometimes your hair may fall out due to skin infections like psoriasis and dandruff. This medicine is effective in treating these problems and improves hair growth.

Important rubrics in Kent's repertoire related to hair loss.

- [Head]hair; dryness
- [Head]hair; falling
- [Head]hair; Falling: grief, from
- [Head]hair; falling: handfuls, in
- [Head]hair; Falling: Menopause
- [Head]hair; Falling: Parturition, after
- [Head]hair; Falling: Pregnancy, during
- [Head]hair; Falling: Spots in
- [Head]hair; Falling: Forehead
- [Head]hair; Falling: Occiput, on
- [Head]hair; Falling: Temples
- [Head]hair; Baldness
- [Head]hair; Baldness: Patches

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## REFERENCE-

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2. Boericke's New Manual of Homeopathic Materia Medica with Repertory, William Boericke.
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